



The Southwester

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Serving the Southwest and Capitol Riverfront Communities

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Military Showcases Talent to Entertain Residents: The Twilight Tattoo

By The Southwester Staff

The lengthening days of spring and early summer bring an inspiring twilight to our city and the Southwest Waterfront area, a perfect time for our military neighbors to entertain us with the annual Twilight Tattoo at Ft. McNair. The Southwest Neighborhood Tattoo at Ft. McNair on June 30 signaled the end to a series of concerts offered free of charge at various area military installations.

The Tattoo is rich in history, originally providing colonial pub owners with a “taps off” signal so that British soldiers would know when to return to their tents. The more modern version is a call for military recruits to return to bunk. For local military, the call



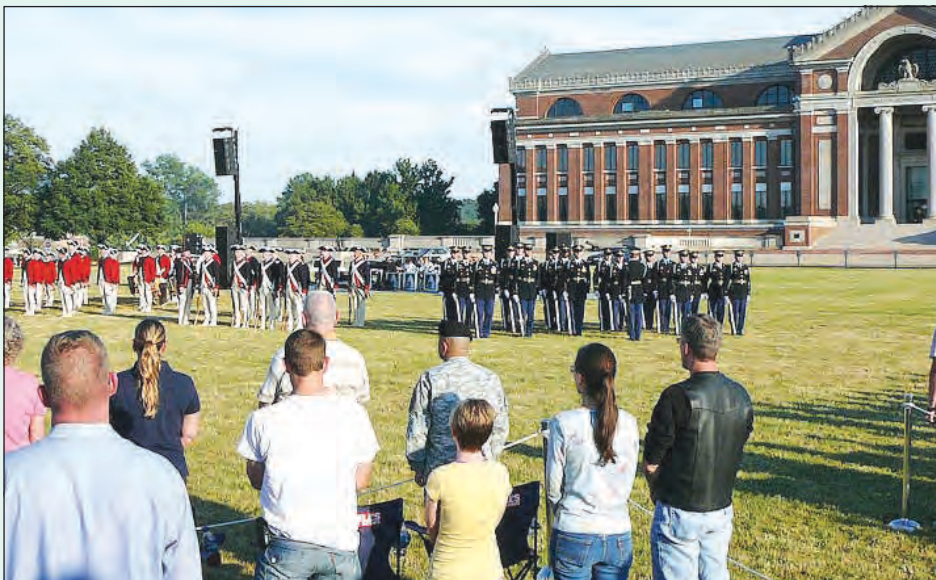
Photo from <http://twilight.mdw.army.mil>

serves as “a tribute dedicated to the vitality of our nation and to the sacrifices of those who

forged America into the land of the free and the home of the brave,” according to the offi-

cial website.

The U.S. Army Military District of Washington (MDW) Twilight Tattoo began prior to World War II at Fort Myer in Arlington with shows in the winter months. The Military District of Washington revived the traditional show in 1961 to showcase the talents of its ceremonial units. Participating units include the 3rd U.S. Regiment, the Old Guard Caisson Platoon, Continental Color Guard, the U.S. Infantry Salute Guns Platoon, the Old Guard Fife and Drum Corps, the U.S. Army Drill Team, Old Guard Marching Units, the U.S. Army Band “Pershing’s Own,” the Army Blues Jazz Ensemble, and U.S. Band Downrange.



Southwesters enjoy the military bands. Photo by Perry Klein



The Old Guard performs with the War College in the background. Photo by Perry Klein

Dads from Fatherhood Program travel to Philadelphia Fatherhood Conference

By Alphonso Coles

Mixing business with pleasure, a group of dads from the South Washington West of the River Family Strengthening Collaborative Fatherhood Program traveled to the Philadelphia Fatherhood Festival on Saturday, June 12. Held all day, the festival sought to remind patriarchs that positive fatherhood involvement strengthens their children, family, community and world. Some of the workshops included: Making the Blended Family work, Staying Calm under Pressure, Real Estate and Credit, and What to Do and What Not to Do in Court. The keynote address was given by

Philadelphia District Attorney Seth Williams. The Fatherhood Program meets Tuesdays and Thursdays at St. Augustine Church.

Inside:

Organizations.....	2
Fitness	5
Real Estate and Development	8
Education and Schools	9
Local Sports	11

Southwest Dads chewin’ the cheesesteaks at Genos’s Steaks in Philadelphia. Left to right: Larry Parker, Coley Coles, William Curtis Lindsay, Ray Crutchfield. Photo by Alphonso Coles



Organizations

ANC 6D Meeting: *As Seen From the Pew*

By The Southwester Staff

Summer heat and long procedural meetings are not a match made in heaven, even if the audience does sit in a church.

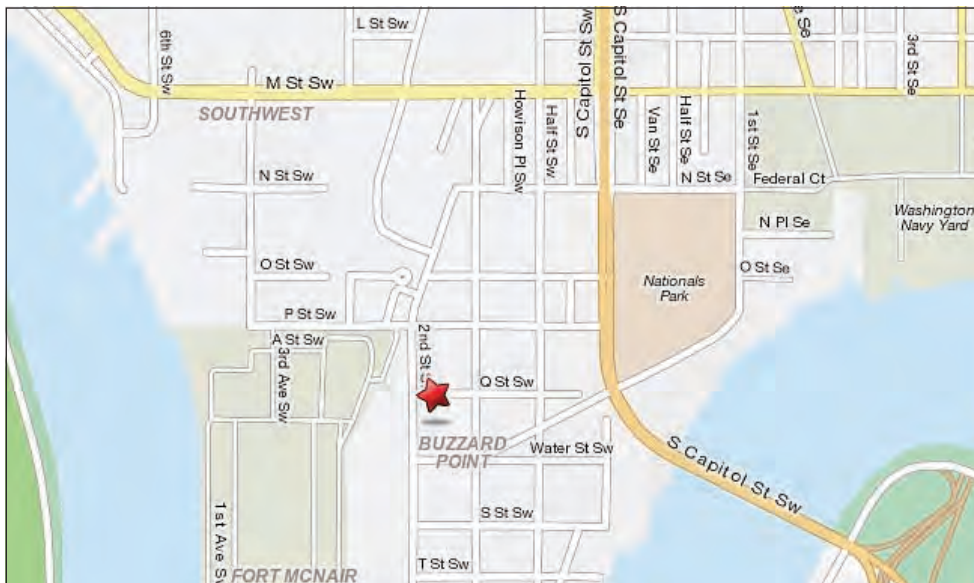
ANC 6D meets publicly at 7 p.m. on the second Monday of each month (except August) in the sanctuary of St. Augustine's Church. The meeting is supposed to take up preset agenda items and put them up for debate and vote by the commissioners. It is a great opportunity for the public to stay informed on the progress of various business licensing, community service offerings, and development projects, as well as other events of neighborhood concern.

July's meeting began with constituent time. Members of the community, upon previous notice to the ANC office, can address the assembly with any concerns. While all seem pertinent to the individuals who make them, some statements smack of self-importance and beat the same dead horses that have become the rallying cry of a single person. But that's part of any community, and we twiddle our thumbs awaiting more important and informative statements.

Among the latter was an announcement of a meeting of a new group called Southwest Parents and Neighbors for School Excellence. The group intends to help our two public schools better meet the needs of their students. The group's first meeting will be on Monday, July 26 at 6 p.m. at the Southwest Neighborhood Library. There will also be a hearing for the historic land-marking of the Southwest House. That hearing will take place on Thursday, July 22 at 10 a.m. on the second floor of 441 Fourth St. NW.

The real substance of this month's meeting consisted in a presentation of two new development projects: the Randall School/Rubell museum development and a proposal for C Hostel and Hotel at 129 Q St.

The ups and downs of the Randall School deal look more up than down, since the purchase agreement for the property between the Corcoran Museum and the Rubell family and its development partners seems quite advanced. Since there is a city-imposed covenant on the property of the old school on I Street, the city council must pass legislation to modify the covenant, which required an educational use. Marilyn Melkonian from Telesis, the develop-



Proposed location of Q Street Hostel and Hotel Project

ment partner in the project, told the commissioners that this legislation will soon be entered in committee and should reach the full council

for a vote by this fall.

The idea is to present the plan to the community fully after the passage of the covenant

modification. But Melkonian did provide some teasers: the new plan is for a large, world-class contemporary art museum, a hotel, and a residential component with plenty of public space, including an elevated courtyard. Half Street may be partially opened to connect to H Street for ease of circulation, and jobs and job training will be available for local residents both during and after construction.

Buzzard's Point got some attention in a real way when JB2 Architects presented a plan to build a youth hostel and economy hotel at 129 Q St. The proposal calls for the construction of a hostel-style inn with some traditional hotel rooms. The planned 495 beds would be mostly occupied by groups shuttled in and out of the location. No restaurant or retail is foreseen. Some zoning exceptions will be requested, and an effort will be made to ensure that the business fits in with the residential character of the neighborhood. It is an odd choice for an odd location, but the future will certainly change the lay of the land on Buzzard's Point. Time will tell if the choice is a successful one.

Community Calendar

JULY

WED 21 Frontstage Free Lunchtime Concert, noon-2 p.m., Tingey Place SE: Monster Band (Dance)

THU 22 8:45 p.m. Canal Park, SE: Seabiscuit - Ultimate Underdog Outdoor Movie, Free. Hoop Jam before the movie, 7:45 p.m. to sunset.

SAT 24 9 a.m. - 8 p.m. Southwest Community Day, King Greenleaf Recreation Center Field, Canal and Delaware Avenues, SW. Free, all are welcome.

3 P.M. The Southwest Neighborhood Assembly's Historic Task Force, unveiling of the ADA call box on 6th Street SW, in front of Waterside Towers.

SUN 25 11 a.m. - Noon, St Augustine's Grounds for Discussion: Author Tad Daley, J.D., Ph.D., discusses his book, *Apocalypse Never: Forging the Path to a Nuclear Weapon-Free World*. Includes light refreshments and facilitated Q&A. St. Augustine's Episcopal Church, 600 M St., SW.

TUE 27 Nationals Home Game, 7:05 p.m. Free T Shirt for first 10,000 fans.

WED 28 Nationals Home Game, 7:05 p.m. Frontstage Free Lunchtime Concert, 12-2 p.m., Tingey Place, SE: The Congress (Pop).

THU 29 Nationals Home Game, 11:35 p.m.

8:45 P.M. Canal Park, SE: Happy Gilmore - Ultimate Underdog Outdoor Movie. Free. Hoop Jam before the movie, 7:45 p.m. to sunset.

FRI 30 Nationals Home Game, 7:05 p.m. Fireworks after the game.

SAT 31 Nationals Home Game, 7:05 p.m. Free Nyjer Morgan Bobblehead for first 15,000 fans

9 A.M. - 2 P.M. Bethel Pentecostal

Tabernacle Yard Sale, 60 I Street, SW. For information on joining the yard sale, renting a space or donating items, call 202-484-3184.

AUGUST

SUN 1 Nationals Home Game, 1:35 p.m.

WED 4 Frontstage Free Lunchtime Concert, 12-2 p.m., Tingey Place, SE: Sam 'O (Caribbean)

THU 5 8:45 p.m. Canal Park, SE: Rocky - Ultimate Underdog Outdoor Movie. Free. Bike In Movie Night. Hoop Jam before the movie, 7:45 p.m. to sunset.

WEEKLY, BIWEEKLY

THE KIWANIS CLUB of Southwest Waterfront meets year-round at Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

TUESDAY AND THURSDAY EVENINGS:

The South Washington West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW. The sessions provide a place for dads to talk, share and learn to improve relations with their wives and children. For more information call Alphonso Coles at 202-870-1885.

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, contact Willie Mae Stukes, Sewing teacher, 301-445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Meets every Monday, except for July and August.

SOUTHWEST RENEWAL AA (Alcoholics Anonymous) group, Mondays, 8:30 p.m., St. Augustine's Episcopal Church, 600 M St.

SW, 202-554-3222.

SW FREEWAY NA (Narcotics Anonymous) group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, 202-484-7700.

AARP-SOUTHWEST WATERFRONT, CHAPTER 4751 meets the third Wednesday of each month, except for June, July and August. River Park Mutual Homes Inc., Community room, 1311 Delaware Ave. SW. Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. For further information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

SATURDAYS, 12 NOON- 1 p.m. Hand dancing classes, (jitter bug, lindy hop). Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8-17. Christ United Methodist Community room off Wesley Place, SW.

WEDNESDAYS 7-9 P.M., Chess Club in the main room of the SW Library, 900 Wesley Place, every Weds, for all levels, even beginners

AS YOU PLAN your calendars for the remainder of 2010, please add the date of Saturday, September 11, 9 a.m. to 3 p.m., for St. Augustine's Episcopal Church's annual End of Summer Fair. Our theme this year is "Sail into Fall." We hope you'll join us to help raise funds to support our community programs for children, teens and seniors. Soon you'll receive information on sponsorships and opportunities to be vendors.

AARP-SOUTHWEST WATERFRONT, CHAPTER 4751. Summer luncheon in a restaurant during week of June 21. For more information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

The Southwester

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Contact The Southwester by e-mail at thesouthwester@yahoo.com for questions and to send materials and advertisements.

To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

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Please submit calendar items for August events by e-mail to thesouthwester@yahoo.com by Monday, July 26, 2010.



King Greenleaf Recreational Center

Southwest Comm-Unity Day Readies for its Fourth Year

By The Southwester Staff

The much anticipated Fourth Annual Southwest Comm-Unity Day will take place this year on Saturday, July 24 from 9 a.m. – 8 p.m. at King Greenleaf Recreation Center Field on Canal and Delaware avenues SW.

The event is coordinated by The Southwest Comm-Unity Forum and depends on the generosity of various local sponsors who have provided food and entertainment over the past

three years. Among this year's sponsors are River Park Friends, Washington Nationals, The Metropolitan Meat/Seafood and Poultry Company, Squeeze Management and Entertainment Company, D.C. Lottery, Sasha Bruce Youthwork, and Higher Hopes to Outcomes. This event is open to any and all current and former Southwester residents.

Activities for the kids include a moon bounce, a twenty foot tall rock climbing wall and pony rides (from 2 p.m. – 4 p.m.). For the adults: bingo and a hand dance contest at 3 p.m.

Blotter

Reported by John McGrath

Highlights of PSA 104 monthly meeting on Thursday, June 17 from 7 p.m. – 8:30 p.m. at the Riverside Condominium

1. Lt. Gallucci reviewed the crime statistics for January – May 2010, which were uniformly lower compared to 2009 in all nine crime report categories. Police made an arrest of three juveniles for assault/robbery (where the victim was able to identify the assailants). It is hoped this arrest may close other similar cases. The police also cited additional traffic enforcement efforts near South Capitol, and M streets SW (e.g. use of seatbelts).

2. Ron Machen and Doug Klein made a presentation on the functions of the Office of U.S. Attorney compared to the Office of Attorney General for D.C. The former prosecutes adult offenders and the latter prosecutes juvenile offenders. While the conviction rate is comparatively high for adult offenders (e.g., 82 percent for homicide cases) confidentiality laws shield information about the disposition of juvenile cases. Audience members made com-

ments about the frequency of juvenile-related crimes in PSA 104. Machen and Klein also discussed the role of "Community Impact Statements" (provided by concerned citizens and groups) which some D.C. judges take into consideration in the sentencing phase of an adult criminal trial (e.g., drug dealing and distribution).

3. Ron Machen and his staff conducted a seminar on "Crimes Against Seniors" on June 30 at 10 a.m. at Greenleaf Seniors Building, 1200 Delaware Ave. SW.

4. An audience member asked about the impact of the proposed "SAM-JAM", an indoor/outdoor party with entertainment (sponsored by Zanzibar) scheduled for July 4 on Water St. SW. Police estimated attendance of as high as 5,000 and bolstered police presence.

5. An audience question about the theft of an automobile from an underground garage elicited a comment from the police about the frequency of this type of crime throughout the District as well as an ongoing problem in PSA 104.

Next Meeting: July 15, 2010 (7 p.m. – 8:30 p.m.), Greenleaf Seniors Building, 1200 Delaware Ave. SW

Summer Computer Program Offered at King-Greenleaf Rec Center

By YATF Volunteer

Registration opened for the Southwest Neighborhood Assembly Youth Activities Task Force (SWNA-YATF) summer computer training program. With the theme of "Having Fun With Computers – Changing the Way We learn, Live and Play, students ages 10-13 will learn the basics of computer skills under the tutelage of highly-skilled volunteer instructors.

The program meets for five consecutive Wednesdays for 1-1.5 hours beginning Wednesday, July 7 at 6:30 p.m. at the King-Greenleaf Recreation Center, 201 N St. SW. Students will learn about typing, Word, Excel, Power Point and internet searches, including learning more about famous Southwesters. The computer training is free and classes are limited to 10 students. Other features of the program include healthy snacks and a field trip. Interested youth and their parents can get more information on this course and future courses by contacting Thelma Jones at

tjones15@verizon.net or (202) 488-3746. Applications are also available at King-Greenleaf Rec Center.

Once students meet the graduation requirements of good behavior, attendance and participation, they can participate in the graduation and are eligible to receive a refurbished computer. YATF's Computer-for-Kids Computer Training Program has graduated 40 students since its inception in 2007, and graduates have assumed leading roles during the graduation as the emcee and the guest speaker. Created in 1985, the SWNA-YATF continues to help meet the challenging needs of our community youth.

YATF efforts make a direct positive impact in the neighborhood, reflected by the children's enthusiasm and the general support we continue to receive in recognition of our programs and activities. Many graduates of our programs are proud to return and give back, demonstrating the significant difference that YATF makes in their lives.



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Americans with Disabilities Act to be Celebrated at Call Box Unveiling

By Lida Churchville

The Southwest Neighborhood Assembly's Historic Task Force will celebrate the 20th Anniversary of the Americans with Disabilities Act (ADA) on July 24. An unveiling of the ADA call box on Sixth Street Southwest will take place in front of Waterside Towers, the longtime home of the late Justin Dart, Jr. and the current home of his widow, Yoshiko Dart, both of whom were instrumental in bringing about the bill's passage on July 26, 1990.

Much of the input into the ADA call box has come from Yoshiko Dart and Richard Treanor, both activists at the time of the legislative victory twenty years ago. Treanor – an artist, author, lawyer, and close friend to Justin Dart – has

Painted a portrait of his late companion, which will be installed in the call box and highlighted at the unveiling.

Everyone, Southwesters and friends of Southwesterners, is invited to attend the Southwest Neighborhood Assembly's call box tribute to Americans with Disabilities. Thelma Jones, a contributing writer for the Southwester newspaper and the past president for the Southwest Neighborhood Assembly where she currently serves as an advisory board member, will act as host for the event. Thelma Jones has been actively involved with previous call box dedications, including serving as the host of both the well-attended Thurgood Marshall (May 2008) and Dr. Dorothy Height/Women's Rights (May 2010) call box dedica-

tions. Mr. Hilary Shelton, Executive Director, NAACP, Washington Bureau; Mr. Andrew Imparato, President & CEO of AAPD-American Association of People with Disabilities; Ms. Judy Heumann, Special Advisor for International Disability Rights, State Department; and Mr. Michael Winter, Federal Transit Administration, U.S. Department of Transportation, all from the disability community, have been confirmed as speakers.

The event will begin at 3 p.m. on Saturday, July 24 at the call box located on Sixth Street just outside the Waterside Fitness & Swim Club. To learn more about the Americans with Disability Act, please visit the following websites:

■ <http://www.ada.gov> This is the U.S. Department of Justice ADA Home Page and it offers a great deal of information and resources to everyone.

■ <http://disability.gov> This website connects the Disability Community to information by topic, state and groups.

■ <http://blog.govdelivery.com/usodep/100-days-to-the-ada> This favorite site is doing a countdown toward the 20th Anniversary of the ADA. Each day's contribution is of value, but my favorite is June 25, 2010, "Bringing Positive Change & Accessibility to Your Community Through Civic Engagement," because it speaks to communities and organizations as means of positive change toward access for everyone.



Justin Dart, Jr. portrait to be installed in the call box



Historical Art for call box

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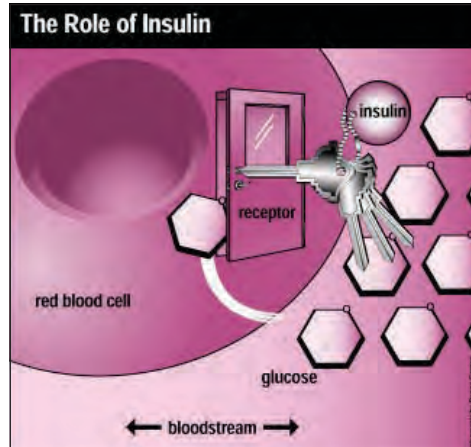
Cutting Out Refined Foods and Sugars? Not So Fast...

By Derrick Inglut

You hear it all the time from friends, from trainers, from the media: cut out the sugar, cut out the refined carbs, cut out all that is “white.” But the truth is that most people who swear by this principle have no clue why. Like my math professor always told me, if you really want to do well, you should understand the principles of the problem and not just memorize the problem itself. That is exactly the case here. Sugars and other refined carbs can be your enemy. Or they can be your best friend. It all depends how what your goals are. Our bodies produce a very powerful chemical in the pancreas called insulin. It is the key player that allows all the food and nutrients we eat into our cells. Without it, food can’t enter the body’s cells for energy production.

We could eat all day and night and our bodies would literally starve to death. Foods that produce a lot of insulin are usually sugars and other processed foods that have had the fiber stripped out of them (fiber negates insulin response). They are coined “white” foods. The more insulin your body produces, the more likely you are to absorb whatever you just ate. Fortunately, the FDA has developed a way of charting which foods produce the highest insulin response via a number scale of 1-100 called the Glycemic Index.

The higher the number, the more likely it



will absorb. I’d like to note that a new scale called Glycemic Load, which takes serving sizes into account is also available. For a more complete listing, visit <http://www.glycemicindex.com>.

Most people have the idea to produce as little insulin as possible so that the body will not absorb most of its calories, hence speeding up weight loss. This was the theory behind the Dr. Atkins diet plan before manufacturers polluted it with the whole “net carb” thing. But what if we do want something absorbed well? What if we want complete absorption of good things like vitamins, minerals or protein? We would need to take those foods with other foods having the

highest glycemic rating for maximum absorption (mainly refined foods and sugars). This is the reason Creatine cocktails contain so much sugar. They do not absorb well with water alone. The need for super insulin spikes from the pancreas for maximum absorption. If you’re buying a Creatine that is cutting down the sugar, you’re probably wasting your money on a company that is more concerned with fads than with your results.

Those who like their alcohol know that a vodka diet coke will not get you drunk as quickly as a vodka coke. While you may be able to reduce your calories, you would have to drink more vodka diets to get the same effect as its insulin-producing cousin. This is the reason wine gets you drunk so quickly, because of its high GI rating. Wine produces a large insulin spike that allows you to absorb most of the alcohol. Excessive insulin in the body has also a sedative effect – another reason wine may make you sleepy if you drink enough of it. The principle of the story here is that if you want something to absorb well, take it with refined foods or sugars. If not, cut them out.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.

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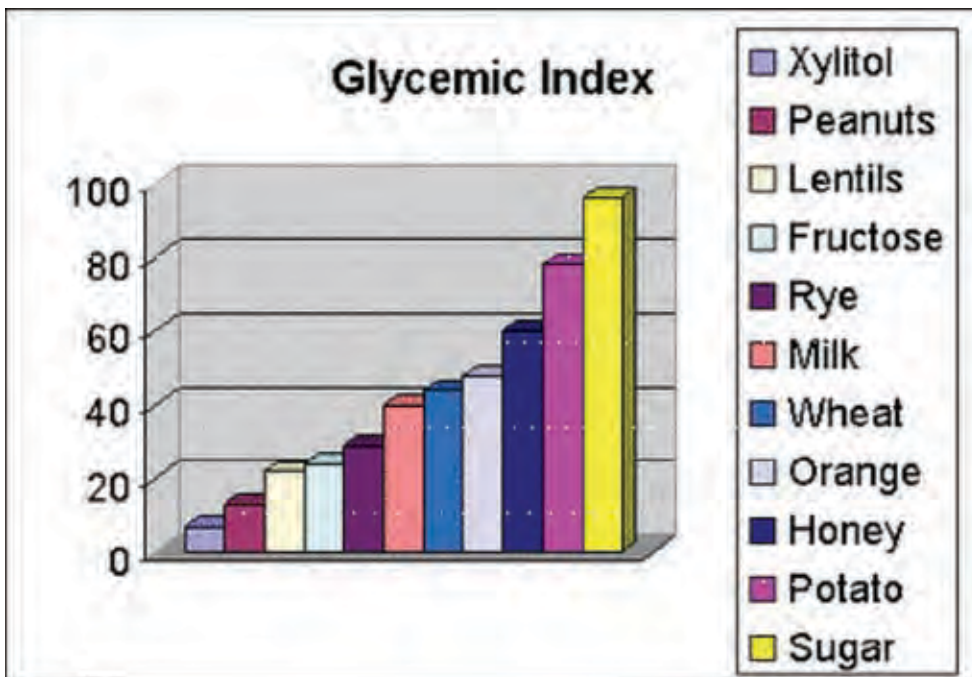
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Friends of Town Center Park West

Friends of Town Center Park West now have a Facebook page which can be accessed by searching for Town Center Park West on www.facebook.com. According to the profile, “This page is a tool for residents and businesses of SW Washington, D.C., who are interested in the short-term clean up and longer term restoration of the park at 6th and I Streets, S.W.”

Future park clean-ups are scheduled for August 14, September 11, October 9, and November 13, all 10am-12pm. All interested neighbors are invited to come and help out.



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Walter Henderson Brooks, III

By Joe Brooks and Thelma D. Jones

Walter Henderson Brooks, III, a former Southwester, passed on July 6, 2010, at his home in Silver Spring after battling a lengthy illness. He was 94.

A memorial service was held at Southwest's St. Augustine's Episcopal Church on July 12.

Brooks was born in Montclair, New Jersey, but grew up in Akron, Ohio and later in the District, to which he moved with his parents in 1932.

He attended and graduated from Dunbar High School. Afterwards he received a degree in health and physical education from Howard University and a Masters in human relations education from NYU.

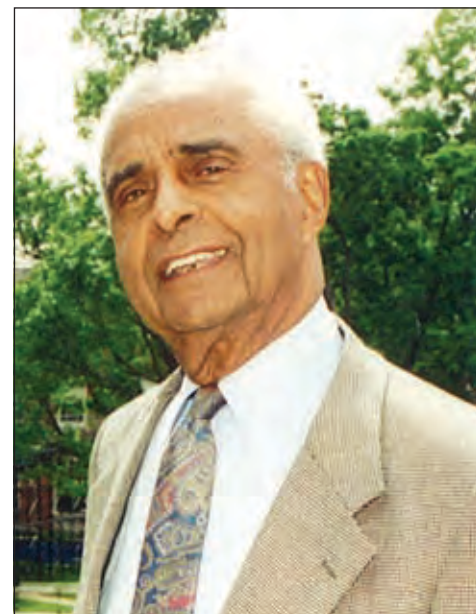
At Dunbar, and later at Howard University, Brooks excelled at track, baseball and basketball. In later years he was an avid golfer and a D.C. Senior Olympics medalist.

He served with the Navy in the Hawaiian Islands during World War II.

Walter Brooks married Charlotte Kendrick in 1940. They had two sons, Walter H. Brooks, IV, who died in childhood, and Joseph Kendrick Brooks, a present resident of Southwest. After Charlotte's death in 1998, Walter married Vera Cook, his wife at his death.

Brooks worked for the D.C. Recreation Department for several years and for many years with the District of Columbia public school system as a health and physical education teacher and as an administrator. He taught at Langley Junior High School and retired from the D.C. Public Schools as an administrator of the school system's Media Center.

Walter and Charlotte Brooks moved to Southwest Washington in the early 1970s. He



Walter Henderson Brooks, III

was a founding member and chairman of the Southwest Youth Activities Task Force, which began at St. Augustine's Episcopal Church and became part of the Southwest Neighborhood Assembly. He was active in Southwest's homeless meal programs, at the Randall homeless shelter on Thursdays and at St. Augustine's on Sundays.

Brooks took a special interest in Black Women in Sisterhood for Humanity (BISA), a scholarship and mentoring program for college-aged African-American women.

He is survived by his wife Verna Cook and her daughters Kathleen Cook and Linda Slaughter; his son Joseph K. Brooks, his brothers Dr. Warren Brooks, William Brooks, and Elmer Brooks, his sister Julia Wynn, and many nieces, nephews, cousins and friends.

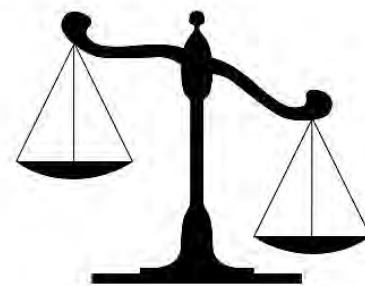
Reality Check: Marriage Infringement

By Essita Duncan

Isn't it strange? Two couples can be standing in the same courthouse, one happily planning their life together and the other waiting solemnly for their lives to be torn apart. The courthouse is like a one-stop shopping center for bringing couples together as one, and then later breaking them into two separate but unequal parts.

The first couple will be greeted by a bubbly clerk, providing them with a license to marry and even allowing them to come back two days later to marry on courthouse grounds. The second couple, seeking a divorce without an attorney, will be greeted by puzzled faces silently asking "what happened?" and will be ushered down a dark lonely hall to a self-help legal clinic with other consenting adults seeking an untying from their mates.

One can't help but ask: should the court, or for that matter the state, play a bigger role in persuading couples that "marriage shouldn't be entered into lightly or unadvised?" We hear this quoted often at marriage ceremonies. But should the state infringe on consenting adults' right to marry and divorce under state law by requiring couples to seek counseling before their nuptials?



Who really knows whether state-ordered premarital counseling is the answer for reducing the divorce rate among consenting adults. But, as a civilized society, we can't continue to sit idly by while the family, the fabric of our society, collapses daily in the name of free will. Our ability to freely marry and divorce under state law should be exercised responsibly. When we are not acting responsibly, infringing on our right to marry does not sound so bad after all.

This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at eduncan@duncandefense.com.

Apocalypse Never: Forging the Path to a Nuclear Weapon-Free World Highlights St. Augustine's July Grounds for Discussion

"Apocalypse Never reveals why we must abolish nuclear weapons, how we can, and what the world will look like after we do," writes author Tad Daley, who will discuss his newly published book on Sunday, July 25 at the Grounds for Discussion program hosted by St. Augustine's Episcopal Church at 600 M St. SW. The event is free and light refreshments will be served. An audience Q&A follows the presenter's talk.

Daley currently resides in Southwest and is a writing fellow with the International Physicians for the Prevention of Nuclear War (IPPNW), a 1985 Nobel Peace Laureate organization.

Their website summarizes Daley as "a political author, an international policy analyst, and an activist for enduring world peace."

He has a B.A. in Political Science from Knox College in Galesburg, Ill. He holds a M.Sc. in International Relations from the University of Southampton in England. He holds a J.D. from the University of Illinois College of Law. And he earned a Ph.D. in International Policy Analysis from the RAND Graduate School and the RAND/UCLA Center for Soviet Studies in California.



Tad Daley, Author's
Photo by Sally Aristei,
www.seesallyshoot.com

Again quoting from the IPPNW's web site, Daley "has served as a political advisor to Congresswoman Diane Watson (D-Cal, 2001-Present), the late U.S. Senator Alan Cranston (D-Cal, 1969-1993), and Congressman Dennis Kucinich (D-Ohio, 1997-Present). He ran for U.S. Congress himself in a 2001 special election to represent mid-city Los Angeles. He spent many years at the RAND Corporation in Santa Monica, California, the world's oldest and largest think tank. He focuses his research, writing and advocacy on abolishing nuclear weapons, ending genocide forever, and

reinventing the United Nations. He's published about 75 newspaper, magazine, and journal articles on positive future visions and the politics of hope on daleyplanet.org.

Grounds for Discussion is a community speaker forum offered by the church on the last Sunday of each month from 11 a.m. to noon. It focuses on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Guest speakers will include writers, educators, and civic and church leaders.

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Real Estate and Development

Real Estate Notes

By Will Rich

■ **Station 4**, the new sit-down restaurant planned by District restaurateur Med Lahlou, is slated to open at Waterfront Station in January 2011. The 4,000-square-foot restaurant will have enough seating for 200 patrons, including outdoor seating and private dining. Lunch and dinner will be served daily, with brunch served on weekends.

■ **Other retailers announced to open over the next few months at Waterfront Station include CVS, Waterfront Cleaners, Subway and Z-Burger.** There are still four retail slots available in phase one of development, including space for a bank to replace Bank of America.

■ **Demolition has begun at the old Safeway building** at the corner of Fourth and M streets SW. Once the building is leveled, an office building will rise on the site in a future phase of development at Waterfront Station. In addition, an outdoor seating area will be carved out in front of the new Safeway.

■ **A new “upscale” liquor store called Harry’s SE & SW is planned at the ground floor of 909 New Jersey Ave. SE,** an apartment building that opened in 2008. These are the same owners that used to run Harry’s Liquor Store at the old Waterside Mall. The proprietors propose to sell beer, wine, bread, milk, cheese and sandwiches, but no “singles” at the new store.

■ **The National Capital Planning Commission (NCPC) recently gave its approval of final site and building plans for the American Veterans Disabled for Life Memorial,** to be located at Second Street SW and Washington Avenue SW. Utility work is supposed to start this summer, with construction of the memorial to begin in June 2011, and construction complete in mid-2012.

■ **The GSA, on behalf of the Office of the Assistant Secretary for Preparedness and Response – a part of the Department of Health & Human Services – has signed an over 58,000-square-foot lease at Patriots Plaza II,** which recently received LEED-Gold certification from the U.S. Green Building Council. With this signing, the building at Third and D streets SW will be about 74 percent leased.

■ **NCPC gave its approval for the final designs of Canal Park,** to be located on three blocks between Second and Third streets SE and between M and

I streets SE. The park will include a large plaza, a water feature that will become an ice rink in the winter, a two-level pavilion with a café and observation deck, a rain garden, a children’s play area, open lawns, a performance stage, and an amphitheater.

■ **Farmers markets are open for business at three locations in the Southwest/Capitol Riverfront area.** FRESHFARM Market is located at Health & Human Services headquarters at 200 Independence Ave. SW and is open on Wednesdays through the end of October from 2:30 p.m. – 6:30 p.m. The Capitol Riverfront Farmers Market takes place on Thursdays through the end of October at New Jersey Avenue SE and M Street SE from 3 p.m. – 7

p.m. The USDA Farmers Market is located on 12th Street SW and Independence Ave. SW and is open on Fridays through the end of October from 10 a.m. – 2 p.m.

■ **There is a new partnership to redevelop the Southwest Waterfront. PN Hoffman is replacing Baltimore-based developer Struever Brothers, Eccles & Rouse,** which reduced its stake in the project back in June 2009, with **Madison Marquette**, a District-based retail and mixed-use developer. Locally, Madison Marquette also owns 770 M St. SE, also known as “The Blue Castle” building, in Capitol Riverfront, as well as the Cityline at Tenley development in Tenleytown.

News from Southwest was adapted from the Southwest...The Little Quadrant That Could blog (www.southwestquadrant.blogspot.com) and Near SE news was adapted from the JD Land blog (www.jdland.com/dc).



Future site of Harry’s SE & SW on the ground floor of 909 New Jersey Avenue, SE. Photo By Mason Chung

Demise and Rebirth



The old Safeway, the last vestige of the old Waterfront Mall to be torn down, is meeting the wrecking ball. Meanwhile, Arena Stage’s new construction is being completed with landscaping along Maine Avenue and Sixth Street.



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Education and Schools

*Back-To-Back Celebrations Mark Hawkins Retirement***Amidon-Bowen PTA and Westminster Presbyterian Church Show the Community's Appreciation**

By Meg Brinnkman

Almeta Hawkins, principal of Amidon-Bowen High Technology Campus – Southwest's only elementary school – announced her retirement after 42 years of service to our children and our community. She has been principal of Anthony Bowen Elementary School and Amidon-Bowen for the past ten years. She has worked tirelessly to develop a community based school with many community partners.

On June 21, the Amidon-Bowen PTA sponsored a dinner in the school cafeteria for parents, children and community members. The meal was prepared by Top of the Line Caterers, CarLise "Jaz" Clayton. PTA president Romaine Hart-Cooper and ANC 6D chair Ron McBee co-hosted the program.

The Amidon-Bowen Staff presented a special "Acrostic" of the letters in Hawkins' name standing for the "words of wisdom" they had heard her say so many times before. The halls will certainly echo with her words for time to come.

Sharon Williams, an Amidon-Bowen's Para-Professional, sang "We are the World" with special words written for the occasion.

Leah Rubalcaba, Community Relations Offi-



*Amidon-Bowen teachers honor Almeta Hawkins
Photo by Leah Rubalcaba, Community Relations Officer, Joint Base Myer-Henderson Hall.]*

cer at the Joint Base Myer-Henderson Hall Public Affairs office, and Command Sargent Major Jefferson Varner III, U.S. Army, attended to express their appreciation of the partnership with Amidon-Bowen and to award her the coveted Army Medallion for Excellence.

Carolyn Mitchell, president of the Southwest Neighborhood Assembly, presented a citation commemorating her years of service and the regard felt by the community.

Guy Berquist from Arena Stage sent a letter

entitling her to two tickets, on a day of her choice, to "Oklahoma!", the opening show at the new theater.

Mike Biglow, Manager of Southwest Safeway provided gift certificates to Starbucks, one of Hawkins' favorites.

Naomi Mitchell read a letter of recognition by Councilmember Tommy Wells detailing the unique place Hawkins has had in the Southwest community. Several community members presented gifts and flowers.

The reverend Ruth Hamilton invited all the attendees to join the Blues Night Celebration, directly across the street, where Hawkins was the honored guest. Cake and punch were served.



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Neighborhood Religious Services

Galilee A.M.E. Church

Worshipping at St. Augustine's Episcopal Church, 600 M St. SW
(202) 258-6812
Rev. S. Isaiah Harvin
sisaiahharvin@yahoo.com
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW
(202) 484-3184
Pastor Robert Carter
tizdtw@yahoo.com
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW
(202) 484-3172
Pastor Lester W. Allen
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m. Bible Study

Friendship Baptist Church

900 Delaware Ave. SW
(202) 488-7417
Rev. Dr. J. Michael Little, Pastor
Rachel McNeal, Admin. Asst.
crachel522@aol.com
Sunday: 9:30 A.M., Sunday School; 11 a.m. Morning Worship
Tuesday: 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW
(202) 554-4330
Pastor Michael Bledsoe,
pstrbled@comcast.net
Sunday: 10 a.m. with Bible Study at 9 a.m.

St. Matthew's Baptist Church

1105 New Jersey Ave. SE
(202) 488-7298
Rev. Dr. Maxwell M. Washington, Pastor
Gwendolyn Coleman, Office Asst.
praisethelord1820@yahoo.com
Sunday: 8 a.m. Sunday School; 9:05 a.m. Worship Service
Tuesday: 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

1200 Canal Street SW (Corner of First and M streets SW)
(202) 484-3112
Reverend James Jones
Reverend Carl V. Messiah
sbcsww@aol.com
Summer Schedule for July & August
Sunday: Church School 8:30 a.m., Morning Worship 9:45 a.m.
Wednesday: Prayer Praise Bible Study 12 noon and 7 p.m.

Second Union Baptist Church

1107 Delaware Ave. SW

(202) 484-7012

Rev. William Harrison, Pastor
secondunionbaptist@yahoo.com
Sunday: 9:30 a.m. Sunday School, 10:45 a.m. Worship
Wednesday: Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

St. Dominic Catholic Parish

603 E St. SW
(202) 554-7863
Father Gregory Salomone, O.P.,
fathergreg@speakeasy.net
Denise Marshall, Parish Receptionist & Admin. Asst., receptionist@st-dominic-church.org
Saturday: 5:15 p.m. (Vigil of Sunday)
Sunday: 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m. in the Church (There are no Masses on federal holidays)
Reconciliation: Monday – Friday 11:55 a.m. - 12:10 p.m.
Saturday 4:30 p.m. – 5 p.m.

St. Vincent de Paul Catholic Church

14 M St. SE
(202) 488-1354
Fr. Richard Gaucanyco
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.

St. Augustine's Episcopal Church

600 M St. SW
(202) 554-3222
Rev. Martha Clark
marthakclark@yahoo.com
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Matthew's Lutheran Church

Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square
(410) 375-5053 (cell)
Pastor Phillip Huber
pchuber@hughes.net
Sunday: 10:30 a.m.
Wednesday: 6:45 p.m. Sing & Rejoice
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

Christ United Methodist Church

900 Fourth St. SW
(202) 554-9117
Rev. Adrienne Terry
ChristUMCDC@yahoo.com
Sunday: 10 a.m.
Thursday: 12 noon & 6:30 p.m., Bible Study

Westminster Presbyterian Church

400 I St. SW
(202) 484-7700
Co-Pastors: Rev. Ruth Hamilton and Brian Hamilton
Sunny Simmons, Project Admin.
sunny@westminsterdc.org
Sunday: 11 a.m.

“Remember This Day” Over 400 Family and Friends Celebrate with the Fifth Grade

By Meg Brinkman

Proud parents and friends enthusiastically celebrated Fifth Grade Promotion on June 17. Presentations by Joy Matthews Alford, Nadiya Cofield, Dannielle Crutchfield, Justin McFadden, Vy Ngo, Aquil Washington, and Kyree Jenkins of an original poem “Remember This Day,” set the theme for the day.



Jerome Holt and Kimora Watkins read their essays titled “I Love Life.” Vy Ngo, Iman Hyatt, Dannielle Crutchfield, Sharnell Johnson, Devonte Williams, Yonatan Rodriguez-Garcia and Xavier O'Carroll read their themes titled “One Step Closer to a Career.”

William Mohring, representing the mayor's office, expressed his wishes for success for every student. Rene Jackson, from DCPS facilities, offered her congratulations to the students as they move on to middle school. Melvin Mayo, coach of the Warriors basketball team, presented trophies to his players.

The Amidon Bowen Ensemble, directed by Ms Para Perry, performed “Let a Little Love in Your Life”.

Almeta Hawkins, Principal, in her closing

remarks read to the class from the Dr. Seuss. Book *Oh, the Places You'll Go*. The final thought - “Congratulations! Today is your day. You are off to great places, You're off and away.” It echoed the feelings of all attending – the mixture of pride and concern as our young people move on to the next step in their lives.

Each teacher greeted and handed certificates to members of her class to the accompaniment of cheers and the taking of many pictures by the proud parents and extended families.

Ms Brenda Haliburton's 5th Grade Class

George Anderson
A'Mee Barnes
Michael Briscoe
A'Layah Brown
Malik Brown
Zion Celey
Ja'Quan Coats
Catora Cole
Jeffery Crawford
Daytia Foote
Shontel Haney
Sharika Hester-Scott
Quavadis Holmes
Iman Hyatt
Dayton Lewis-Thomas
Justin McFadden
Mya McLaurin
Vy Ngo
Mikheal Wise

Ms Miriam Hугее's 5th Grade Class

Amon Barnes
Ronyae Bellamy
Suquan Boozer
Malik Brown
Tysean Brown
Lexus Clyburn
Nadiya Cofield
William Crews
Dannielle Crutchfield
Egypt Dixon
Irving Haney
Marquette Hill
Autumn Jacobs
Sharnell Johnson
Bianca McDuffie
Amari McFadden
Kavaun Williams
Jestyn Young

Ms Beverly Worthington's 5th Grade Class

Skyria Bailey
Jerome Holt
Cambric Hudson
Kyree Jenkins
Tayron Moss
Xavier O'Carroll
Yonatan Rodriguez-Garcia
Ariana Royal
Wyatt Settles
Diamond Twann Sinclair
Elijah Smith
Asia Spencer
Ta'nyia Tapp
Sandy Thomas
Hasan Warren
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Kimora Watkins
Brandon Webster
Jaquan Whitby
Donja Wilkinson
Devonte Williams

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Local Sports

Youth Baseball Has Big 2010 Season in Southwest



Members and coaches of the King-Greenleaf 12-and-under baseball team are (back row, left to right): Coach Gregory Knight, Charles Kibler, Anthony Vines, Malik Hanson, Justin McFadden, Amades Hines, Coach Ronald Hines. (Front row, left to right): Kyle Foster, Trevon Simmons, Saquan Boozer.

Sailboat Safety on the Potomac with DC Sail

By Nancy Simonson

You can count on learning water safety through both written and practical "on the water" instruction when you learn to sail with DC Sail. In addition to the standard classes, courses are offered in advanced sailboat safety. One of the more interesting courses, part of the U.S. Level One certification, is the capsizing class.

Blair Overman, our director of sailing and expert instructor, teaches students in the capsizing class to sail one of our 12-foot Flying Juniors into the channel with a teammate, tip it over, and put it back upright again. Students will definitely go into the water, so we always make sure they are prepared to get wet and are wearing life jackets.

Recently Overman conducted a capsizing class with our waterfront friends, the Harbor Patrol, on a day when the water wasn't so warm. She, some officers and a few of our instructors, all geared up in wetsuits, spent an afternoon together capsizing our DC Sail sailboats. Participants reported that they received great instruction, and that the event was fun and educational. After the capsizing class, Overman and her team had the chance to climb aboard the Harbor Patrol vessels and learn some advanced safety tips. We are very grateful and thank the Harbor Patrol for the opportunity to work together on boating safety.

The capsizing course is given every other Sunday from 12:30 p.m. – 1:30 p.m., weather permitting, and the public can watch the class from the Gangplank Marina tent barge.

Recently I had the opportunity to observe a class. From my novice perspective, it seems like any time you step aboard a boat, it will capsize. Evidently, that's not the case. Our students learn their lessons so well that they really have to make an effort to tip the boats over. Granted, the risk



Going ... going... gone!



Looking for my team mate!

of capsizing increases in heavy winds, but from what I can see our students have real control over their vessels.

In teams of two, as the students prepare for their turn, I watch the apprehension grow. Once their boat goes over, that center board is sometimes just a little too high in the water to grab onto for some students. As the spectators on



Back upright and off we go!

the tent barge collectively hold their breaths, we sometimes see a student heave themselves onto the centerboard, only to fall off again. With a collective groan, the spectators again move closer to the edge willing the teams to grab that centerboard once again. After a few more efforts, we see success and cheers ensue. I can easily say that there isn't a single person who doesn't come back to the dock absolutely exhilarated with their achievement, sporting a huge smile with high fives all around. Even if the unexpected happens, our students are prepared.

All of the classes and spectator opportunities contribute to helping local youth learn new skills that build confidence, teamwork and a sense of community.

Please visit our website at www.dcsail.org, come down to see us at Gangplank Marina, 600 Water St. SW, or e-mail sailing director Blair Overman at boverman@nmhf.org.

Southwest Youth Dominates DC Baseball, Come Close to Championship Sweep

By Michael Pyatt and Dale MacIver

The hardworking 12-and-under King Greenleaf baseball team went a combined 19-1 competing in two leagues this year. In the Cal Ripken League, KGL ended their 9-1 campaign in dramatic fashion with a walk-off home run by Rajuan Scott. However, the team wasn't done collecting trophies. They finished their perfect 10-0 Citywide Little League camping with a win in the title game.

King Greenleaf's 10-and-under was determined to capture some of its older counterparts' success by making it to the



King Greenleaf's 10 and under team. Photo by Dale MacIver

championship round. Unfortunately, coaches Michael Hines and Torray Toney and their little leaguers came up short with a 10-6 loss in the final game.

The elder of King Greenleaf's baseball teams, the 13-15 squad, finished their 8-2 season with a 10-6 loss to Guy Mason Recreational Center.

Looking to add to a rich baseball tradition, Jefferson Junior High School also wrapped up a successful season by competing in the city title game. But head coach Ronald Hines and crew fell short in their quest to become champions despite an impressive 8-1 season.

Nonetheless, it has been a magnificent season for Southwest Baseball. In a neighborhood filled with players like these, we could very well witness the beginning of our own Stephen Strasburg or Ryan Zimmerman.



Members and coaches for the Jefferson Middle School baseball team are (back row, left to right): Head Coach Ronald Hines, Marcus Brown, Paul Brooks, Howard Smith, David Graham, Terrence Cross, Robert Johnson, Austin Anderson, Coach Shawn Hart, Coach Greg Sumpter. (Front row, left to right): Anthony Vines, Xavier Sumpter, Jamal Kingsberry, John Newkirk. Photo by Dale MacIver



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